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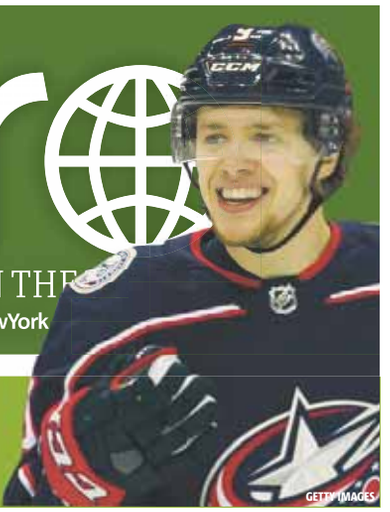

GETTY IMAGES

BREAD MAN HEADS TO BIG APPLE

Rangers sign star winger Artemi Panarin. 17

PHOTO ILLUSTRATION GETTY IMAGES

Swift in dispute with Bieber over music catalog. 8

How the 'Crime Junkie' podcast began for host Ashley Flowers. 12-13

GETTY IMAGES

'COCO' POWER

In a Wimbledon shocker, 15-year-old Cori "Coco" Gauff, ranked 301st in the world, upset her idol Venus Williams in Monday's opening round. 2

GETTY IMAGES

Casey Webb begins his fourth season on 'Man v. Food.' 14

4 THINGS TO KNOW

Wimbledon shocker as 15-year-old upsets Venus

Cori Gauff, age 15, was ranked 301st in the world before defeating her idol.

Cori Gauff pulled off one of the great upsets in Wimbledon history on Monday. REUTERS

Cori Gauff served up the perfect excuse for playing hooky from school on Monday as the 15-year-old American caused one of the biggest shocks in Wimbledon history by dispatching Venus Williams 6-4 6-4 in the first round on Monday.

Aged 39, Williams is considered Wimbledon royalty as she has been part of the All England Club family for over two decades, having won the singles title five times — including two before Gauff was even born.

But Gauff, the youngest player to qualify for the main draw in the professional era, was in no mood to play a lady-in-waiting as she made a mockery of the 24-year age difference and 269 ranking spots that separate her from her idol Williams.

Playing a fearless brand of tennis that belied her young age, she bullied Williams into submission.

"I don't even know how to explain how I feel," Gauff, who wiped away a tear as she walked off Court One, said moments after her remarkable win.

"I definitely had to tell myself to stay calm. I have never played on a court so big, but I had to remind myself that the lines on the court are the same size, everything around it might be bigger, but the lines are the same and after every point I was just telling myself to stay calm.

"I never thought this would happen. I am literally living my dream right now, and not many get to say that. So I am just happy that Wimbledon gave me the opportunity just to play and I obviously never thought it would be this far," added the teenager, who was given a wild card into the qualifying tournament.

Before the match, Gauff, known as Coco, had told her Instagram followers: "Two of my teachers found out I played tennis after I made the main draw here."

If her Florida-based teachers needed any proof on exactly what she was up to, they only needed to tune into their TVs to see just why Wimbledon was going Coco-crazy on Monday.

A break in the fifth game of the opening set, which included a delectable lob over the statuesque Williams, was enough to win her the first set.

The nerveless display continued in the second set and she sealed victory on her fourth match point when Williams netted a forehand.

"After the match, I told her just thank you for everything she did. I wouldn't be here if it wasn't for her. I was just telling her that she is so inspiring and that I always wanted to tell her that. Even though I met her before, I guess I had the guts to [tell her today]." REUTERS

2 Dem Buttigieg raises nearly $25M in second quarter

Presidential candidate Pete Buttigieg raised $24.8 million from nearly 300,000 donors in the second quarter this year, his campaign said on Monday, putting him in the top tier among the more than 20 Democrats running for the White House. The South Bend, Indiana, mayor has more than doubled the number of individuals funding his bid for the presidency, his campaign said. In a statement, Buttigieg's campaign said more than 294,000 people donated between April and June, including 230,000 new donors. Overall, donors have given an average contribution of $47.42 since Buttigieg, 37, who had no national profile, launched his bid. The campaign also has more than $22.6 million cash on hand, ensuring he will have plenty of funds to compete in the coming months with other candidates expected to raise large sums, like former Vice President Joe Biden. REUTERS

3 Rwandan sentenced eight years for genocide role lie

A Rwandan man was sentenced on Monday to more than eight years in prison after being convicted of concealing his involvement in the African nation's 1994 genocide in hopes of gaining asylum in the United States. Federal prosecutors in Boston had sought 20 years in prison for Jean Leonard Teganya, 48, saying if he was being sentenced for the murders and rapes they say he participated in rather than immigration fraud, they would have sought a life term. Prosecutors said that during the violence, Teganya was a medical student at a hospital in the southern Rwandan city of Butare and was active in the political party that helped perpetrate the genocide. Citing witnesses, prosecutors alleged that Teganya led Hutu soldiers through the hospital to identify Tutsi patients who were then killed, and personally participated in the murder of seven Tutsis and five rapes. REUTERS

4 Domestic violence charges against former QB Rypien

Former NFL quarterback Mark Rypien, who led the Washington Redskins to a 1992 Super Bowl victory, was charged with domestic violence, police said on Monday. Rypien, 56, was arrested outside a Spokane bank on Sunday and charged with fourth-degree assault after police found his wife lying on the ground, said Police Sergeant John O'Brien. Washington state law requires police to arrest the suspect in an alleged domestic assault case. O'Brien described Rypien's arrest as routine, noting that the former player was "very cooperative" with authorities. Since leaving the game in 2001, Rypien has publicly said he believes he suffers from chronic traumatic encephalopathy, or CTE, a degenerative brain disease linked to repeated concussions and hits to the head common in football that can cause erratic mood swings and behavior and memory loss. REUTERS

Iran denies nuclear-deal breach after amassing excess enriched uranium

The uranium, which violates a 2015 pact, may further increase tensions between the U.S. and Iran.

Iran's Foreign Minister Mohammad Javad Zarif sits for an interview with Reuters in New York. REUTERS

Iran announced on Monday it had amassed more low-enriched uranium than permitted under its 2015 deal with major powers, its first major step beyond the terms of the deal since the United States pulled out of it more than a year ago.

Iranian Foreign Minister Mohammad Javad Zarif, who announced the move, said it nevertheless did not amount to a violation of the accord, arguing that Iran was exercising its right to respond to the U.S. walkout.

The step, however, could have far-reaching consequences for diplomacy at a time when European countries are trying to pull the United States and Iran back from the brink of war. It comes less than two weeks after President Donald Trump ordered air strikes on Iran, only to cancel them minutes before impact.

European powers, who remain party to the accord and have tried to keep it in place, urged Iran not to take further steps that would violate it. But they held off on declaring the agreement void or announcing sanctions of their own.

The U.N. nuclear watchdog, the International Atomic Energy Agency (IAEA), which monitors Iran's nuclear program under the deal, confirmed in Vienna that Tehran had breached the limit.

"We have NOT violated the #JCPOA," Zarif wrote on Twitter, referring to the deal by its formal title, the Joint Comprehensive Plan of Action (JCPOA).

"Para 36 of the accord illustrates why. We triggered & exhausted para 36 after US withdrawal," he wrote, referring to a paragraph of the accord which contains the mechanism for countries to resolve disputes. He said Iran had waited 60 weeks after notifying other signatories before acting.

"As soon as E3 abide by their obligations, we'll reverse," he said, referring to European powers Britain, Germany and France, which Iran has demanded guarantee it the access to world trade envisioned under the deal.

The move is a test of European diplomacy after French, British and German officials had promised a strong diplomatic response if Iran fundamentally breached the deal.

The Europeans, who opposed last year's decision by Trump to abandon the agreement signed under his predecessor Barack Obama, had pleaded with Iran to keep within its parameters.

British Foreign Secretary Jeremy Hunt said Britain wants to preserve the pact "because we don't want Iran to have nuclear weapons. But if Iran breaks that deal then we are out of it as well."

Iran has said it aims to keep the accord in place but cannot abide by its terms indefinitely, as long as sanctions imposed by Trump have deprived it of the benefits it was meant to receive in return for accepting curbs on its nuclear program.

U.N. Secretary General Antonio Guterres is concerned about Iran's moves, spokesman Stephane Dujarric said.

"Such action by the Islamic Republic of Iran would not help preserve the plan, nor secure the tangible economic benefits for the Iranian people. It is essential that this issue ... be addressed through the mechanism established by the JCPOA." REUTERS

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Hong Kong police fire tear gas after protesters trash legislature

REUTERS

About 1,000 demonstrators gathered around Legislative Council in one of the most violent protests in Hong Kong.

Hong Kong police fired tear gas in running battles with hundreds of protesters, some of whom stormed the legislature, destroyed pictures and daubed walls with graffiti, on the anniversary of the city's 1997 return to Chinese rule on Monday.

Police arrived in a convoy of buses as about a thousand protesters, furious at a proposed law allowing extraditions to China, were gathered around the Legislative Council building in the former British colony's financial district in a direct challenge to authorities in Beijing.

Police fired several rounds of tear gas as protesters held up umbrellas to protect themselves or fled. Plumes of smoke billowed across major thoroughfares and in between some of the world's tallest skyscrapers.

Most demonstrators had been cleared by the early hours of Tuesday after some of the most violent protests to rock the city in decades. It was not clear if any arrests were made.

Umbrellas, metal barriers, hard hats, water bottles and other debris lay strewn across major roads. Police removed metal barriers and other blockades from some thoroughfares in a bid to clear them ahead of businesses reopening on Tuesday.

Protesters had carried road signs, others corrugated iron sheets and pieces of scaffolding, as they barged into the council building. Some sat at legislators' desks, checking their phones, while others scrawled "anti-extradition" on chamber walls.

Other graffiti called for Hong Kong leader Carrie Lam to step down, while pictures of some lawmakers were defaced.

"HK Is Not China" was painted in black on a white pillar.

The government called for an immediate end to the violence, saying it had stopped work on amendments to the suspended extradition bill and that the legislation would automatically lapse in July next year.

PROTESTERS RAM LEGISLATURE

A small group of mostly students wearing hard hats and masks had used a metal trolley, poles and scaffolding to charge again and again at the compound's reinforced glass doors, which eventually gave.

The Legislative Council Secretariat released a statement cancelling business for Tuesday. The central government offices said they would close on Tuesday "owing to security consideration," while all guided tours to the Legislative Council complex were suspended until further notice.

Riot police in helmets and carrying batons earlier fired pepper spray as the standoff continued into the sweltering heat of the evening. Some demonstrators removed steel bars that were reinforcing parts of the council building.

Banners hanging over flyovers at the protest site read: "Free Hong Kong."

The protesters, some with cling film wrapped around their arms to protect them from tear gas, once again paralyzed parts of the Asian financial hub as they occupied roads after blocking them off with metal barriers. REUTERS

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REUTERS

Facebook evacuates four buildings after possible sarin exposure

Facebook Inc. evacuated four buildings and two people were being evaluated for possible exposure to the nerve agent sarin on Monday after a package at the social media company's Silicon Valley mail facility tested positive for the toxic compound.

The people who came in contact with the suspicious package at about 11 a.m. did not show any symptoms of exposure to sarin, said Jon Johnson, fire marshal for the city of Menlo Park, where Facebook is based.

"The [Facebook] facility tests all of the packages that come in and they had a positive test, so they just initiated their standard protocol. Now we're just waiting to verify whether that's true or not," he said.

Facebook spokesman Anthony Harrison said the company evacuated four buildings following the positive test and was cooperating with police in the investigation.

"Authorities have not yet identified the substance found. As of now, three of the evacuated buildings have been cleared for repopulation," Harrison said.

Agents from the San Francisco office of the Federal Bureau of Investigation were responding to the scene, a spokesman for the agency said.

Sarin, a potent toxic compound that disrupts the nervous system, has been used as a chemical weapon. Exposure can be fatal. REUTERS

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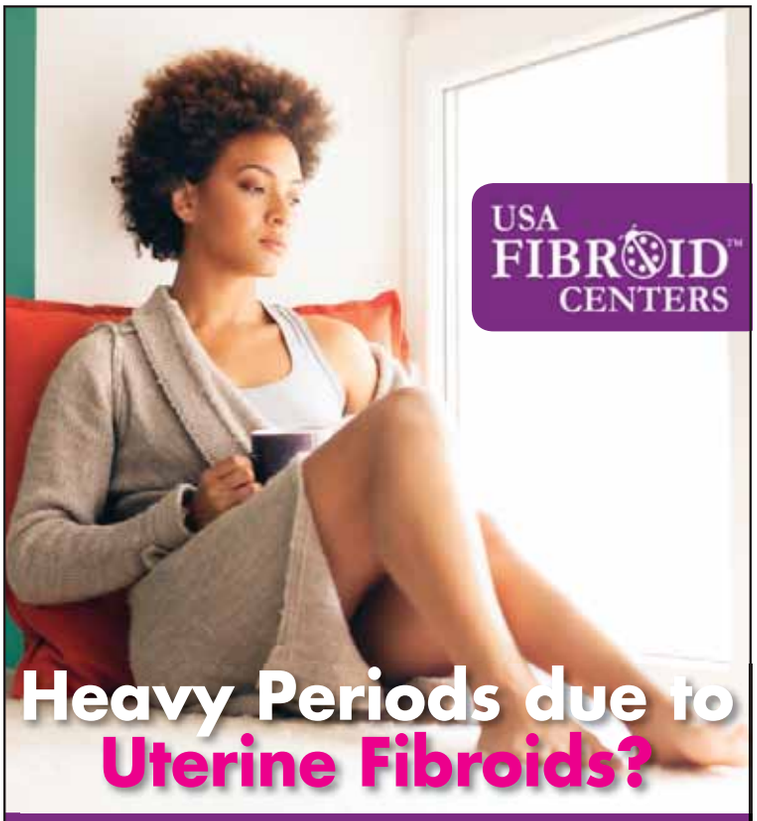

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City begins ban on CBD-infused food and drinks

All CBD food and drink items are now banned in NYC.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

ISTOCK

New York City's ban on cannabis-derived CBD food and drink items went into effect on Monday.

CBD, which is also known as cannabidiol, has gained popularity in the past few years. It has been added to food, drinks, medicine and even beauty products.

"The U.S. Food and Drug Administration (FDA) states that it is unlawful to add cannabidiol (CBD) to any food or drink. As a result, the New York City Health Code also prohibits any food service establishment, or other businesses, from offering food or drink that contains CBD," NYC officials said.

They added, "If business operators have not voluntarily come into compliance, the Health Department will embargo food and drink products that contain CBD, and the products will have to be returned to the supplier or discarded."

Inspectors will be looking for CBD food and beverages as part of their safety inspections, the New York Daily News reported. Although the ban is in effect now, violations will be issued beginning Oct. 1.

However, inspectors will take the banned items and prohibit them from sale. The New York Post reported that the agency can fine businesses anywhere from $200 to $650 if they are not in compliance.

Business owners and executives alike are upset about the ban. George Tenedios, founder and chief executive of Fresh & Co, recently told the New York Post that "we don't agree with the ban." He added, "But I want to be in compliance with the DOH."

Earlier this year, Fat Cat Kitchen bakery, which was well-known for selling CBD-infused pastries, had their products "embargoed." The owner, C.J. Holm, spoke with Eater.com and expressed her frustration, saying, "The whole thing is not fair. ... What's the law? You just closed down half my business." Outlets reported that 30 percent of Fat Cat's overall business was CBD-infused products.

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City now enforcing Styrofoam ban

ISTOCK

Single-use foam items will now be of no use to local businesses as the ban on foam containers began on Monday.

Although the ban officially took effect Jan. 1, the New York City Department of Sanitation will now fine businesses using single-use containers after the six-month grace period expired on Monday. According to officials, violators will be fined $250 for the first offense, $500 for the second offense, and $1,000 for a third offense and beyond.

This ban prohibits all city stores and restaurants from using, offering, selling or even processing single-use foam containers. Banned items include cups, bowls, plates, trays and take-out containers. Also included in the ban: Stores will no longer be allowed to sell "packing peanuts."

However, there is some good news for restaurant owners. Foam containers being used to store raw seafood, poultry and meat, as well as foam blocks used as protective packaging in shipping, will be not be banned.

$1K

According to officials, violators will be fined $250 for the first offense, $500 for the second offense, and $1,000 for a third offense and beyond.

Acting Sanitation Commissioner Steven Costas said in a press release that "foam cannot be recycled, plain and simple." He added, "When foam enters our waste stream, it becomes a source of neighborhood litter and can end up on our beaches and in our waterways. It's hazardous to marine life and can clog storm drains. It's even a contaminant in our recycling and organics programs."

Since foam containers are not recyclable, they are collected as trash in the city. Reports have estimated that foam containers can take 500 years or more to decompose. The city is hoping this encourages companies to opt for compostable or recyclable alternatives.

In a statement, state Sen. Alessandra Biaggi said, "By banning single-use Styrofoam containers, New York City businesses will be incentivized to offer customers recyclable alternatives that are safer for our planet and will help to shrink our city's carbon footprint."

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Taylor Swift.

Justin Bieber. REUTERS IMAGES

Taylor Swift and Justin Bieber at odds in spat over her music catalog

Swift accused Bieber manager Scooter Braun of "incessant, manipulative bullying."

Pop superstar Taylor Swift has attacked Justin Bieber's manager for buying her music catalog, prompting Bieber to come to his defense in a heated online spat that has drawn in several top figures in the music industry.

Swift on Sunday wrote a lengthy post on Tumblr voicing dismay that Scooter Braun, the manager for Bieber as well as Ariana Grande and Demi Lovato, was acquiring Big Machine, the Nashville-based record company that owns the master recordings of her past songs.

"This is my worst-case scenario," the "Shake It Off" singer wrote, and accused Braun of "incessant, manipulative bullying."

Swift said Braun "got two of his clients to bully me online" about a 2016 tiff with Kim Kardashian and Kanye West, and referred to a photo of Braun and Bieber.

"Now Scooter has stripped me of my life's work, that I wasn't given an opportunity to buy," Swift wrote, signing the post "sad and grossed out."

A representative for Braun, who owns the company Ithaca Holdings, did not immediately respond to a request for comment.

Ithaca Holdings LLC on Sunday announced it was acquiring the Big Machine Label Group. Terms of the deal were not disclosed.

Swift, 29, signed with Big Machine at age 15 and left last November for Universal Music Group, a unit of French conglomerate Vivendi. She is releasing her first album with UMG in August.

Big Machine Label Group founder Scott Borchetta wrote on the company's blog that Swift had been offered a deal in which "100 percent of all Taylor Swift assets were to be transferred to her immediately upon signing the new agreement."

He posted excerpts from the proposed deal as well as friendly text messages that he said were between himself and Swift under the headline: "So, It's Time for Some Truth."

On Instagram, Bieber apologized for being "hurtful" to Swift in the past but said Braun "didn't have anything to do with it."

> **"Scooter has had your back since the days you graciously let me open for you! So for you to take it to social media and get people to hate on social media isn't fair."**
> **Justin Bieber**

"Scooter has had your back since the days you graciously let me open for you!" Bieber wrote. "So for you to take it to social media and get people to hate on social media isn't fair."

Bieber proposed that the three talk it out privately.

"Banter back and forth online I don't believe solves anything," he said.

Singers Halsey and Cher expressed support for Swift in online posts, while Lovato came to Braun's defense.

"I have dealt with bad people in this industry and Scooter is not one of them," Lovato wrote on Instagram. REUTERS

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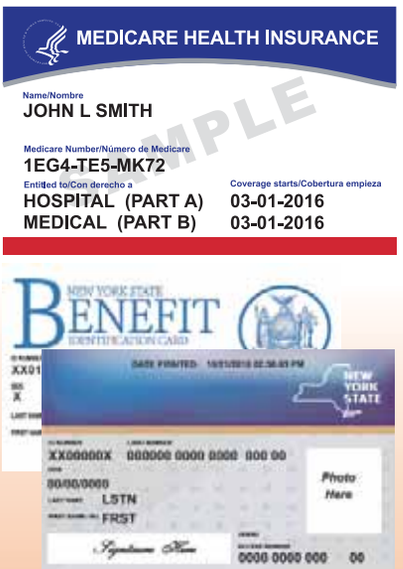

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HARD

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READER WRITE-INS:

NYC HAS BECOME STERILIZED!

Would someone kindly tell me where the real New York "characters" have gone?

Like the mad drummer of 48th Street, who'd rat-a-tat his sticks on the pavement and dash around like a loon.

Like the singer on the Dynamite D, whose voice at some earlier time must have been sweet, but had turned rusty and sad, but still sang with such heart that you couldn't turn away.

Like the tortured opera singer on 57th Street, who, with tattered nobility, shouted his arias to bewildered passersby.

I miss the kooky girls who chose their own style, who favored kooky over pretty, and the rockers hauling gear on the subways, bound for their gig and big break. Now everyone marches in the same parade, same shoes, same look, same you-name-it.

I'll tell you what I don't miss: the crazy spaceman who blew his atonal saxophone in the subway car, soliciting tips for him to STOP playing.

And where's the guy walking around carrying a "The End Is Near" placard? He's right, you know.

— P. Laris, *Metro New York reader*

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Aries If you do your own thing and avoid getting involved in someone else's business, you'll feel much better at the end of the day regarding what you've accomplished. Choose peace over discord.

Taurus Get together with an old friend or sign up for something that will lead to knowledge, a new skill or an exciting acquaintance. Don't argue over something pointless.

Gemini Someone will disappoint you if you share a secret. You'll avoid interference if you don't share your plans. Don't take a risk or follow what someone else is doing. Learn from experience.

Cancer Question what others are doing. Don't feel that you must follow someone who is coaxing you to get involved in something that makes you anxious. Choose to do your own thing.

Leo Reflect on what's happened in the past and rethink how you should move forward. Listen to others, discuss issues and decide what's doable. Don't make a change just because someone else does. Concentrate on personal upgrades.

Virgo Acknowledge or pay attention to what someone else is going through. Listen more, criticize less and offer solutions, not cash, if you want to make a difference.

Libra Take your time. A joint venture isn't something you should jump into quickly. Don't accept things at face value. You are best off investing in personal gains and improvements.

Scorpio What you do will be more important than what you say. Engage in something that will be a learning experience or will bring you closer to the people you care about most.

Sagittarius You can think big, as long as you don't go overboard. Make plans based on your budget, ability and available time. Romance should be a priority.

Capricorn A lifestyle change will affect your relationships with the people you deal with daily. Consider what's best for everyone before you proceed.

Aquarius Do something exciting, take on a physical challenge, strive for good health and spend more time with a loved one. A personal gain is within reach.

Pisces Participate in something you feel strongly about. Taking a stand will make you feel good and will bring you in touch with people who share your beliefs.

EUGENIA LAST

PROVIDED

Don't hide your legs this summer because of varicose veins

METRO STAFF
letters@metro.us

Sitting poolside or making plans to hit the beach should be your biggest priority during the summer. With that, you should not feel hesitant when shedding some layers in order to go swimming or lay out in the sun. While many of us hope to get in shape to look our best, some of us have a tougher time in fear of exposing the varicose veins on our legs. The Advanced Varicose Vein Treatment Center in Manhattan offers a few different treatments to help you clear up any of the discoloration on your legs to get outside this summer.

Varicose and spider vein treatment

Most people usually think of the sprawling varicose-vein clusters, known as spider veins, as more of a cosmetic problem. Many people do not realize that they can cause uncomfortable symptoms like achiness and swelling in your legs. If you are thinking about putting off procedures to fix this problem, you should know that Advanced Varicose Vein offers minimally invasive procedures that require little or no downtime afterwards to get you out the door and sunbathing. The center can combat these spider veins with innovative techniques using both lasers and radiofrequency energy that can knock out varicose veins for good.

VeinGogh

VeinGogh is one of the most noninvasive options for patients wanting to regain the clear complexion on their legs. VeinGogh uses microbursts of focused energy to destroy those damaged veins without hurting surrounding veins and nearby tissue. After the procedure, blood is rerouted to healthier nearby veins for better and more healthy-looking legs. This procedure will eradicate spider veins for good with minimal risk and absolutely no downtime afterward.

Dr. Ronald Lev, M.D.

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For the laser option, VenaCure EVLT is a minimally-invasive treatment for removing varicose veins. The procedure uses a thin laser that targets the affected vein, heating it so much to cause the veins to shut completely. Once they are shut, that blood is rerouted to healthier veins nearby. Like VeinGogh, the procedure is also a permanent way to get rid of varicose veins and spider veins. The procedure is quick, only taking around an hour to complete, with only a minimal amount of discomfort and no downtime.

For more information on both of these procedures, and others, head over to

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This story was written in partnership with Advanced Varicose Vein Treatment Center of Manhattan.

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Ashley Flowers.
DIANA L RAGLAND

Spending time on true crime

The host of the popular podcast "Crime Junkie" gives Metro the scoop on her show.

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In the world of podcasts, true-crime research is king. Audiences everywhere are enthralled by the jaw-dropping stories and incredibly disturbing feats of human nature. "Crime Junkie" is the epitome of this fascination. The popular series recently reached No. 1 on Apple's podcast charts with an average of over 10 million downloads per month, and for good reason: it's well-researched and quite addicting. One of the hosts, Ashley Flowers, sat down with Metro to give us the scoop on her wildly popular podcast and how it all began.

What first motivated you to start a crime podcast?
I truly am a crime junkie, which is why we decided to call the podcast "Crime Junkie." I listened to every true-crime podcast out there. There was just not enough content. So it was a little bit of that. I always had in the back of my mind that I wanted more, but I had also been on the board of directors for my local Crime Stoppers in Indiana and they were looking for a new way to get younger people involved. A lot of people my age didn't know what the program was or that it even existed, so I decided to do this community initiative to do some brand awareness for Crime Stoppers, and I knew crime podcasts were very big with millennials. I still work with Crime Stoppers and do a lot for them, but after we got bigger and bigger, we are able to work with a lot of other nonprofits across the country now as well.

When you research for a live show or a podcast episode, what goes into your preparation?
When we're doing a regular episode, it takes me about 30 hours to put [it] together with the research and the writing. That just takes us to a place where we can record, it doesn't include editing. But the stuff that I'm looking for — we're not investigators or journalists — what I'm looking for are news articles, books, documentaries or court records that are public. I'm trying to compile everything into a 30-minute digestible story. We are taking stuff that is already publicly available and putting a narrative to it. The live show is a little more intense. We're on tour right now and we take the same story to every city, and the live show took me about four weeks to put together. It's twice as long as an episode and we actually let the audience see some of the court documents or reports; we create videos around the audio we have; we show news clips and stuff like that [as well]. So it's a totally different experience and it takes a lot longer to put together.

How do you choose the cases that you want to showcase?
Early on, what I was looking for were underreported cases, because again I was that crime junkie. I had heard almost every podcast, and what I realized was there were all of these interesting cases that podcasts were doing over and over again. I would see an episode coming up from another podcast and I wouldn't even listen because I felt like I already knew the story. So I wanted to put out some stories that people didn't know and that were fresh and new and giving attention to cases

ISTOCK

that just weren't getting it. Or if we did a big case, looking at it in a different way or from a different angle or spin. Now that we have a following, we get about 3,000 case suggestions a month from our listeners. So now I can really go in and see what our listeners want to hear about. It's great that we can provide cases from their area and ones that maybe didn't get a ton of news coverage. So that's how we are finding our underreported cases now.

I know you sometimes connect with some of the victims' families for the cases you work on. Does your career with Crime Stoppers motivate you to do that?

This was all kind of born because of the family members. When we first started, it was never my intention to go knocking on doors and I never reached out to a family member preemptively. I didn't want to bring up the worst time in their lives, I don't know where they are at with this tragedy. So I felt like I needed to respect them by not contacting them. Every time we work with families it's because they've reached out to us. It happened so early on, from episode 1, before we even had a following. It was a story about a missing woman on the 20th anniversary of her being missing. The day after we released it, her daughter reached out to us and we were able to do a follow-up episode with her daughter. It was a good reminder early on that the people we're talking about in these stories are real people, and other people are going to hear us talk about them. So every time that we've had a family member or someone involved in the case, it's because they've reached out to us to use our platform to tell their story.

What do you think it is about true crime that makes the subject so interesting to people?

I think there are a couple of different types of people and different reasons they are interested in it. I think there is a subset of people who are really trying to understand human behavior and understand how somebody who looks like me could do these horrible things. I think another subset of people — and this is where I find that I fall in — look at these stories and wonder where things went wrong. What was the thing that they did that I can avoid doing to make sure this doesn't happen to me. Our audience is 90 percent women and I often think when I talk to women who listen to the show, that's kind of what we are looking for. We want to find something in a story that points to a reason that this happened.

What would you tell people who have never heard "Crime Junkie" to expect from an episode of your podcast?

It's really straightforward storytelling with a narrative. We don't sidetrack, we don't go off on tangents, there's no speculation. It's to the point and fact-based, and it's very victim-centric.

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Casey Webb of 'Man v. Food' on preparing for his fourth season of battle

The long-running hit series returns tonight on Cooking Channel.

PAT KING
patrick.king@metro.us

COOKING CHANNEL

Casey Webb is the hero that we do not deserve. Since taking over the reins as host of the hit Travel Channel show "Man v. Food" from former host Adam Richman, Webb has traveled the country in order to dominate various food challenges at some of the best restaurants both in our big cities and off the beaten path. The fourth season of the show's current incarnation will be premiering tonight on its new home, Cooking Channel, at 10 p.m. ET. I spoke with Webb to find out what it's like preparing for each season, and which have been the most difficult — and most delicious — challenges he has faced thus far.

What is your preparation like heading into each season of the show?
As an adult — I guess I could call myself an adult, or some people consider me an adult based on when I was born — getting into the actual show, it was right out of the gate. So the same production company, Sharp Entertainment, brought the show back and I was in good hands. I just basically held on! The first season, it happened so fast. We did three episodes in a row, which is a lot to do. That's back-to-back on the road. We did that on and off, and then in the second season, we did that a little bit, too. Then we realized we should probably slow our flow a little bit and maybe get two episodes in and then give [everyone] a break, whether it's production and the camera crew or myself because of all of the challenges themselves and traveling. We found a really great rhythm with momentum, believe it or not. Preparing for it, it's all of us. We're always checking in and making sure we're getting some exercise in and that we're eating well. But then we also want to cheat. We have cheat days sometimes! Or cheat months [laughs]. It's really about being mindful and being present and being in-tune and listening to yourself and your body. With anything in life, especially if you're on the road a lot and you're in restaurants around the country. Because, to be honest, restaurant food is very savory and sweet. That's what we love about going out to eat! Sometimes you have to dial back and eat cleaner, better, and eat lighter. I've done that my whole life. I've also fluctuated in life, that's just how my body is. I've taken on the responsibility of being more mindful when I'm off the road, and while I'm on the road. Again, food can be much fattier, much sweeter and much saltier in restaurants, unless you're making it for yourself. Thankfully, we have a lot of options out there. People are eating a lot cleaner these days. In airports, in small cities, in major cities. It's been really great. I've been able to find more balance.

What challenge was the hardest to bounce back from? Is there one that sticks out in your mind as being the most difficult?
Sometimes you're tapping out! Sometimes food is going to win. I say this a lot, it's like "Any Given Sunday." Anything can happen, whether you prepare or not, very much like a sporting event. And that's how I look at it and that's how I approach it because I have to put myself in a different mindset. Anyone that does any sort of challenge, whether it's food or something physically rigorous [does the same]. We just wrapped on 10 episodes in the fourth season. But, it's the biggest order to date because we are doing 20! I'm doing 10 more up until September. So we're still very much in the fourth season. So the hardest challenge to date? I don't think I've done it yet [laughs]. I kid, but I think honestly, they're all hard in their own way. Whether it be "huge" or "hot," because I'm doing hot stuff as well as the big stuff. Anybody that tells you who is playing this game, it shouldn't be taken lightly. Sometimes there are a lot more carbohydrates and bread or fillings that are going to take over and dominate, whether they be 4 pounds or 2 pounds. And then with the hot stuff, it can range from the mildest pepper, a jalapeno, to a Carolina Reaper. I think they're all difficult in their own way and they deserve the respect that they do. When you're full with the larger stuff, I just stop eating. With the hot stuff, it stays in your system. I would lean towards the hotter stuff if I had to make a decision, but they're all difficult.

What's one that you would do off camera?
If I wasn't being filmed and timed? Then, uh, yeah! Oftentimes, these challenges are timed. I would say, adding to the answer to your [previous] question, the longer ones, the hour-long ones, tend to be larger. Those tend to be the hardest, I'd say. Because an hour is an excruciating amount of time to do anything, especially sit and eat. After half an hour, I'm done [laughs]. But honestly, everything tastes great. … The beauty about it is they're crafted well. They're full of flavor and they're the food you crave. They just happen to be really, really big or really, really hot. It's in the extremes that these challenges develop. Honestly, the majority of them! It's like, "I could eat this, in small quantities" or "I could eat this if it wasn't so hot."

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Eat, drink and celebrate summer at Eataly

KIM WINDYKA
letters@metro.us

Summer's in full swing, and Eataly has introduced some fun and refreshing ways to make the most of the season at its two New York locations, from wine specials to tasting parties.

Eataly NYC Flatiron's rooftop restaurant, Serra, has a little something for everyone. In addition to its extensive menu of Spritz cocktails like the Spritz Viola (Creme Di Violet, Flor Prosecco, soda water and edible flowers) and the Spritz Rosa (Rosado, Luxardo maraschino liqueur, soda water and Farm. One thyme), the natural wine program boasts unfiltered varieties of vino that incorporate hand-harvested, organic grapes, native yeast, and few to no additives.

Every Thursday, the "Spritz like an Italian" happy hour event features tastings of mouthwatering menu items, and a live DJ. With its festive atmosphere reminiscent of a flowering greenhouse in the Italian countryside, Serra is the perfect way to kick back and relax with friends, family or colleagues after work.

Things are also heating up over at Eataly NYC Downtown. From 5 p.m. to 7 p.m., Monday through Friday, all three restaurants host a summer happy hour. There's $5 Peroni draft beer at La Pizza & La Pasta, $8 wines by the glass at Vino e Grano, and $10 Central Italian wines at Osteria della Pace.

On the weekend, guests can take advantage of special seafood offers, including $1 oysters. Fridays, Saturdays and Sundays give aspiring chefs the chance to hone their skills with the Big Kid's Kitchen pasta-making classes — and for the adults, there will also be seasonal Italian wines.

Of course, any summer in New York wouldn't be complete without at least one party. On July 19 from 6 p.m. to 8 p.m., the Italian Street Food & Wine Fiesta lets you sample the best of Eataly (and Italy). Tickets for this one-of-a-kind tasting event are $65 and include unlimited access to wine, cocktails, Italian street food and more.

Make sure to stop by both of Eataly's locations in the city this summer: Eataly NYC Flatiron, 200 5th Ave; and Eataly NYC Downtown, 101 Liberty St., World Trade Center, Tower 4, Floor 3.

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The Knicks signed Julius Randle shortly after Kevin Durant and Kyrie Irving headed to Brooklyn. GETTY IMAGES

IT'S NOT ALL BAD FOR KNICKS AFTER KD, KYRIE WHIFFS

OPINION

JOE PANTORNO
@JoePantorno

As has been the narrative for the past two decades, the start of the NBA free-agency period on Sunday provided another chapter of pain for the New York Knicks.

Within minutes of the 6 p.m. ET commencement, the Knicks saw their two big offseason targets in Kyrie Irving and Kevin Durant sign elsewhere. To add insult to injury, they joined the Brooklyn Nets to confirm that New York City isn't a Knicks town anymore.

And the Knicks went out with a whimper, not so much as offering a max contract to Durant, who will miss the 2019-20 season after rupturing his Achilles' in the NBA Finals.

The turn of events obviously made the Knicks the laughingstock of the league after entering the offseason with such high hopes. Instead of getting Zion Williamson, Irving and Durant after holding two max-salary slots and the best chances at landing the No. 1 pick of the NBA Draft, the Knicks came away with a shell of those dreams.

To see two of those targets go to a team that plays just 20 minutes away to pull off the kind of rebuild the Knicks have been unable to do just adds to the pain.

In the age of immediate reactions and hot takes galore, it's important for Knicks fans to take a step back and evaluate what happened on Sunday night.

It's been ugly, but this might not be such a bad thing.

Now, bear with me while you sift through the rubble, because there has been nothing in the James Dolan era to be excited about. And I realize how unfair it is to preach patience with a franchise that has tested its limits for decades.

However, New York's choice to not make an offer for Durant indicates that this is a team that's going to build through its youth.

They already had a quartet of promising youngsters on the roster in forward Kevin Knox, center Mitchell Robinson, guard Dennis Smith Jr. and this year's No. 3 pick in the Duke winger RJ Barrett.

Barrett and Knox are 19 while Robinson and Smith are 21. All four could very well be featured in the starting lineup next season.

On Sunday, president Steve Mills and general manager Scott Perry added 24-year-old power forward Julius Randle on a three-year deal. The former Laker and Pelican is coming off a career year in which he posted 21.4 points and 8.7 rebounds per game and will slot into the starting 4 spot immediately.

Suddenly the entire Knicks starting five of Smith, Barrett, Knox, Randle and Robinson is under 25 years old with high ceilings throughout.

Mills and Perry proceeded to add on Bobby Portis and Taj Gibson — a pair of power forwards — and shooting guard Reggie Bullock into the mix. While the moves were hammered by pundits and fans alike, they will provide the Knicks with depth off the bench. At 6 feet 11 inches, Portis could back up Robinson in a smaller lineup while Gibson adds a veteran presence to a young frontcourt.

With each player on a two-year deal, it will allow the Knicks to have enough cap space open in 2021 when another big free-agent class emerges. If the Knicks can properly develop their youngsters, Madison Square Garden will become a legitimate place to play rather than being a novelty experience or charity case.

Once again, though, it will come down to the dreaded "wait-and-see" tactic.

Rangers make late push, steal Panarin

Star winger turns down Islanders' big offer to join Rangers.

JOE PANTORNO
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Artemi Panarin is reportedly signing with the Rangers. GETTY IMAGES

The New York Rangers' rebuild is about to take another enormous step in the right direction.

Leading up to the NHL's free-agency period opened on Monday afternoon, multiple reports revealed that the Rangers signed star winger Artemi Panarin. According to Larry Brooks of the New York Post, the deal is worth $81.2 million over seven years.

Panarin reportedly turned down a larger deal from the New York Islanders that would have paid him $12.5 million per year to make the move to Madison Square Garden.

The average annual salary of $11.6 million still makes Panarin one of the highest-paid players in the NHL — a seemingly necessary price for a Rangers team that just made a huge statement.

Panarin is one of the league's elite playmakers, coming off a 2018-19 season in which he posted a career-high 87 points behind 28 goals and 59 assists.

For a franchise that admitted it would be rebuilding through its youth fewer than two years ago, the Rangers are suddenly a force in the East with Panarin now in its ranks.

The Rangers have been able to put together a promising young core of talents that already includes Lias Andersson, Filip Chytil, Adam Fox, K'Andre Miller and Vitali Kravtsov. They also added defenseman Jacob Trouba in a trade with the Winnipeg Jets before drafting Kaapo Kakko with the No. 2 pick at the NHL Draft last month.

Panarin immediately gives the Rangers a bona fide premier scorer to help nurture an exciting young core, but general manager Jeff Gorton's work isn't done. The Rangers have to clear enough cap space to sign Trouba while ensuring there's enough room for Panarin.

They traded Jimmy Vesey to the Buffalo Sabres for a third-round pick in 2021 on Monday morning, but still have notable restricted free agents in Brendan Lemieux, Pavel Buchnevich and Anthony DeAngelo.

Islanders retain Lee

Another year, another difficult July 1 for the New York Islanders.

After things finally began looking up for a franchise that had struggled for the better part of the past three decades, the start of the NHL's free-agency period is a reminder that there is still a ton of work to do.

Artemi Panarin's decision to join the Rangers on a lesser deal provides another reminder that the Islanders might never be major players on the free-agent market.

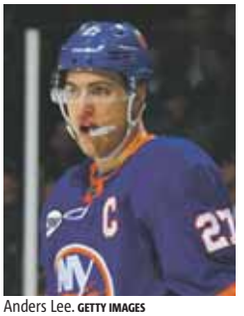
It continues the trend of a troubling history that was most recently inflamed when John Tavares left for the Toronto Maple Leafs last summer.

Now with their top target off the board, Lamoriello is left to scramble to try and keep the organization clicking at a postseason level.

Their interest in Panarin looked as though it alienated their relationship with captain Anders Lee. The 28-year-old could have felt like a second option after Lamoriello did not sign him last month.

Lee had all the leverage in negotiations as the Islanders reportedly found a way to bring him back on Monday evening.

Reports had Lee tabbed to make as much as $9 million per year, a number that many would have considered as an overpayment. That wasn't the case as the two sides agreed on a seven-year deal worth $49 million ($7 million AAV).



Anders Lee. GETTY IMAGES

The Islanders also saw goalie Robin Lehner sign a one-year, $5 million deal with the Chicago Blackhawks. The Vezina candidate recently turned down a two-year deal worth the same annual salary from the Islanders

Lamoriello countered with the signing of veteran goalie Semyon Varlamov to a four-year deal.

With the team still looking for offense, there are some options still on the table for Lamoriello. On the trade market, they could go after 36-goal scorer Mike Hoffman of the Florida Panthers or he could extend an offer sheet to either Mitch Marner or Sebastian Aho.

JOE PANTORNO

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LEGAL NOTICES

NOTICE OF SALE

Supreme Court
County Of Queens
Wells Fargo Bank, N.A., Plaintiff
AGAINST Harry O'Berry a/k/a
Harry E. O'Berry, Michael J.
Sancho a/k/a Michael Sancho,
et al, Defendant Pursuant to a
Judgment of Foreclosure and Sale
duly dated 4/6/2017 and entered
on 4/18/2017, I, the undersigned
Referee, will sell at public auction
at the Queens County Courthouse,
88-11 Sutphin Blvd., Courtroom 25,
Jamaica, NY on August 02, 2019 at
10:00 AM premises known as 14-90
Point Breeze Place, Far Rockaway,
NY 11691. All that certain plot piece
or parcel of land, with the buildings
and improvements erected, situate,
lying and being in the County of
Queens, City and State of
New York,
BLOCK: 15689, LOT: 29.
Approximate amount of
judgment is $767,138.34 plus
interests and costs. Premises will
be sold subject to provisions of
filed Judgment
Index # 702867/2013.
For sale information, please visit
Auction.com at www.Auction.com
or call (800) 280-2832.
Gerald Chiariello, II, Referee
FRENKEL LAMBERT WEISS
WEISMAN & GORDON LLP
53 Gibson Street
Bay Shore, NY 11706

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
BAYVIEW LOAN
SERVICING, LLC Plaintiff.
-Against-
CLARENCE PRYOR A/K/A
CLARENCE E. PRIOR, et al.,
Defendants. Pursuant to a
judgment of foreclosure
and sale entered on or about
November 20, 2018. I the
undersigned Referee will sell
at public auction at the 88-11
Sutphin Blvd., Queens County
Courthouse, Jamaica, New York
11435 on July 26, 2019 at 10:00 am.
Premises known as: **114-41 177th
Street, Jamaica a/k/a
Addisleigh Park, New York 11434.
Block 10308 Lot 52**
**All that certain plot piece or
parcel of land, with the buildings
and improvements thereon
erected, situate, lying and being
in the Fourth Ward of the
Borough and County of Queens,
City and State of New York,** as
more particularly described in
the judgment of foreclosure and
sale. Said premises will be sold
subject to all terms and conditions
contained within said Judgment
and Terms of Sale.
Approximate Amount of Judgment:
$628,777.59 plus interest and costs.
Index No.: 11815/2013
Craig Zim, Esq. REFEREE
McCabe, Weisberg & Conway, LLC
145 Huguenot Street, Suite 210
New Rochelle, NY 10801
Dated: May 31, 2019

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 13-15 W. 56th St., Lobby Level, New York, NY 10019. New York County, for on premises consumption. Felice Chambers LLC d/b/a Felice.

NOTICE IS HEREBY GIVEN that a license, Number 1318981, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Café under the Alcoholic Beverage Control Law at 3570 Broadway, New York, NY 10031. New York County, for on premises consumption. Hamilton's VPK LLC.

NOTICE IS HEREBY GIVEN that a license, Number, to be determined, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 142 North 5th St., Brooklyn, NY. Kings County, for on premises consumption. 1 & 3 on 5th Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1315820, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 1204 Halsey St., Brooklyn, NY 11207. Kings County, for on premises consumption. Halsey Ale House, Inc.

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NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
LOANCARE, A DIVISION OF
FNF SERVICING, INC.
Plaintiff, - Against -
JOSEPH LOUBEAU, et al.,
Defendants.
Pursuant to a judgment of
foreclosure and sale entered on
or about October 4, 2018. I the
undersigned Referee will sell at
public auction at the 88-11 Sutphin
Boulevard, Rm 25, Jamaica,
New York 11435 on July 12, 2019
at 10:00 am. Premises known as:
164-16 115th Avenue, Jamaica,
New York 11434
Block 12236 Lot 9.
All that certain plot piece or parcel
of land, with the buildings and
improvements thereon erected,
situate, lying and being in the city of
Jamaica, County of Queens, State
of New York, as more particularly
described in the judgment of
foreclosure and sale. Said premises
will be sold subject to all terms and
conditions contained within said
Judgment and Terms of Sale.
Approximate Amount of
Judgment: $559,759.13
plus interest and costs.
Index No.: 702639/2013
NICOLE DEMETRA KATSORHIS,
Esq. REFEREE
McCabe, Weisberg & Conway, LLC
145 Huguenot Street, Suite 210
New Rochelle, NY 10801
Dated: May 9, 2019.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 100 Kenmare St., New York, NY 10012. New York County, for on premises consumption. Zooba Eats, Inc. d/b/a Zooba

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GAMES

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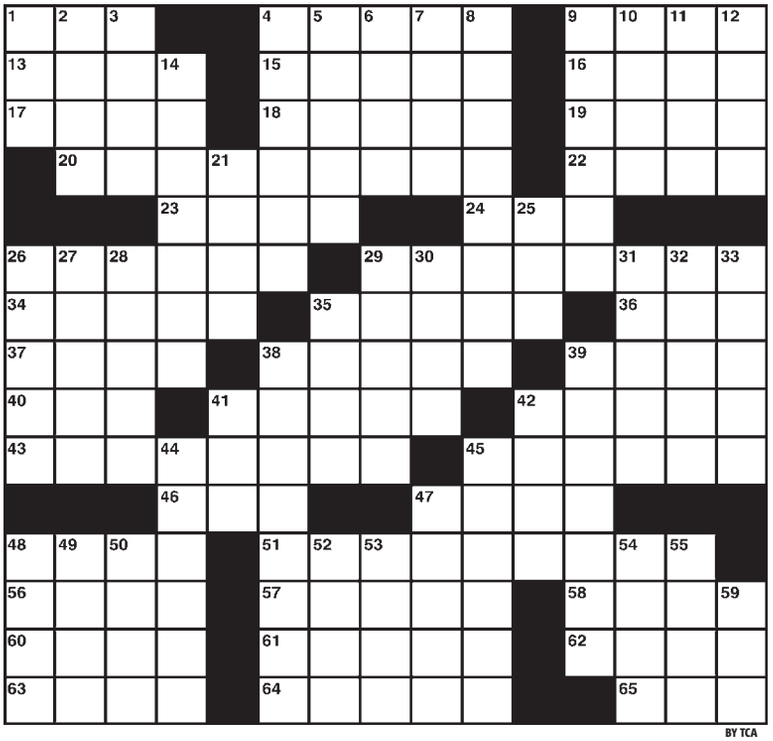
ACROSS

1 "One __ customer"; sale item sign
4 Vine-covered lattice shelter
9 Mr. Gingrich
13 Allies' WWII foe
15 Daniel or Pat
16 Sore
17 Largest city on the French Riviera
18 Flies alone
19 Lower leg part
20 Consequently
22 Partial amount
23 Bowler's focus
24 Adv. business deg.
26 No-nonsense
29 Springs back
34 Elephant's nose
35 Objectives
36 Cereal grain
37 Pealed
38 1 of the 5 senses
39 Bull, in Spanish
40 Late great heavyweight
41 Stuns
42 __ Rica
43 Breakfast order
45 Most miffed
46 Afternoon hour
47 Wreck
48 Bread for a gyro
51 Move like a desk fan
56 Lion's cry
57 Bank safe
58 Specks
60 __ up; confesses
61 Glowing bit of coal
62 "__ in Love with Amy"
63 Wise man
64 All prepared
65 That woman

DOWN

1 "Peter __"
2 Way out
3 Well-to-do
4 Not in class
5 Housetops
6 Filipino knife
7 __ about; approximately
8 Look like
9 Capital of the Bahamas
10 Repeated sound
11 On a __; impulsively
12 Emmy winner Daly
14 Oozing
21 Singer Springfield
25 Derek & others
26 Narrow leather strip
27 "The flowers that bloom in the spring, __..."
28 Altercation
29 Mother's Day gift, perhaps
30 Dines
31 Adjustable loop
32 Pub game
33 Short-tailed weasel
35 Long look
38 Assume control
39 Violent windstorm
41 Actor Aykroyd
42 Bedspring
44 Like gritty sandpaper
45 Hot and humid
47 Angered
48 __ and cons
49 Midwest state
50 Spiciness
52 Identical
53 Castro's land
54 Truck scale divisions
55 Cut, in a way
59 Notice



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metro.us/wordsearch

Y	E	M	O	H	E	N	O	H	P
C	J	S	A	O	R	T	L	W	E
A	C	X	T	E	R	C	E	S	A
R	Y	O	C	A	B	G	V	I	C
I	H	U	L	B	N	S	I	G	E
P	A	I	D	I	S	C	T	H	K
S	E	E	Y	G	P	C	A	T	Y
N	U	L	P	U	A	S	T	I	N
O	F	U	M	K	C	V	E	N	K
C	R	Z	T	N	E	G	A	G	Z

Agent
Alien
Beam
Conspiracy
Disc
Flying
Levitate
Peace
Phone Home
Photo
Saucer
Secret
Sighting
Space
UFO

metro.us/wander

Category: Host

	E	D	E
E	G	N	L
N	E	E	L
	R	E	S

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metro.us/sudoku

	6	7	9			8		
	9	8	1	3	2			
3		5	6	7				4
						5		7
	5	3				6	8	
7		1						
8				6	5	4		2
			4	9	7	1	6	
		4			1	3	9	

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B	L	U	R		H	A	N	O	I		L	U	A	U
A	L	P	O		A	C	C	O	M	P	L	I	C	E
R	Y	E		C	R	E	E	P		L	I	N	K	S
		R	O	A	M	S			D	A	E			
J	A	S	O	N	S			C	A	N	D	O	R	
A	D	O	P	T		M	A	I	N	E		B	O	T
V	A	N	S		F	O	R	T	S		C	L	U	E
A	M	I		B	R	O	K	E		R	A	I	S	E
	S	C	A	R	E	D			B	U	D	G	E	D
			M	I	D			B	A	L	S	A		
O	F	T	E	N		S	L	I	D	E		T	O	P
W	R	O	N	G	D	O	I	N	G		M	I	N	E
N	E	R	D		A	D	A	G	E		B	O	L	T
S	E	E	S		B	A	R	E	R		A	N	Y	

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